

MDON Accomplishments

- Diabetes prevention and care programs in schools, worksites, churches and communities.
- Healthcare continuing professional education through education modules, classroom instruction and videoconferences.
- Promotion of healthy lifestyle programs such as Personal Action Toward Health (PATH) and Healthy Families.
- Advocacy to enhance awareness of elected officials about diabetes and the impact of prevention programs.
- In 2002, MDON received a Best Practice Initiative Award from the U.S. Department of Health and Human Services for making improvements in diabetes care and outcomes.

Self-Management Education

Michigan has 92 certified diabetes self-management education programs taught by certified diabetes educators. Go to diabetesinmichigan.org for location and information.

MDON in Your Community

UPDON

Upper Peninsula Diabetes Outreach Network
1-800-369-9522 (Upper Peninsula only)
or **906-228-9203**

TIPDON

Northern Michigan's Diabetes Outreach Network
1-800-847-3665 or **(231)237-9681**

ECDON

East Central Diabetes Outreach Network
(810)-232-0522

TENDON

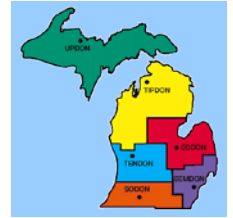
Ten County Diabetes Outreach Network
(616) 458-9520

SODON

Southern Michigan Diabetes Outreach Network
(269) 273-4309 or **(800) 795-7800**

SEMDON

Southeast Michigan Diabetes Outreach Network
(313)-259-1574



Michigan Diabetes Outreach Network



***Strengthening
Diabetes Care in
Our Communities***

Michigan Diabetes Outreach Network

Why Should Michigan Care About Diabetes?

It is common.

- Michigan has one of the highest rates of diabetes in the nation.
- Almost 50% of Michigan residents over the age of 40 have diabetes or pre-diabetes.

It is increasing.

- The number of persons in Michigan with diabetes doubled from 1990 to 2000.
- Michigan's children are developing type 2 diabetes due to unhealthy lifestyles.

It is serious.

- Diabetes is the leading cause of blindness and kidney failure in Michigan.
- Diabetes is also a major factor in heart disease and lower limb amputations.

It is costly.

- Average medical costs among people with diagnosed diabetes were 2.3 times higher than what costs would be in the absence of diabetes (CDC, 2007).

It is controllable/preventable.

- It is estimated that 95% of diabetes treatment involves self-care.
- Complications can be prevented or delayed.
- Modest physical activity, weight loss and healthy eating can reduce a person's risk for developing type 2 diabetes by up to 70%.

For more information on the Michigan Diabetes Outreach Network, visit www.diabetesinmichigan.org



This website has education modules, resource guides, schedules of community events and educational handouts.

Diabetes Impact

Diabetes by the Numbers	United States - 2005	Michigan 2006
Diagnosed Adult Cases	14.6 million	624,600
Undiagnosed Cases	6.2 million	307,600
Percentage of Population with Diagnosed Diabetes	7.0%	8.2%
Leading Cause of Death	6th	6th
Direct Medical Costs	\$92 Billion (2002)	\$4.2 Billion (2002)
Estimated adults 18 and older with pre-diabetes	57 Million	2 Million
Data from the Centers for Disease Control and Prevention and the Michigan Behavioral Risk Factor Survey.		

MDON Mission

*To promote innovative partnerships
to strengthen diabetes prevention,
detection and treatment
throughout Michigan.*

